Mobility

Helping people move safely and more easily.

Daybreak takes pride in maintaining or improving the functional status of our program participants and addresses mobility issues in many ways:

**Physical and Occupational Therapists:**
- Provide restorative therapy to assist people in improving their mobility after a stroke, fracture or with a chronic disease.
- Assess individuals who have experienced falls or have balance issues to determine if any assistive equipment is needed, such as a cane or walker.

**Nursing Exercise Program:**
- Maintains the functional level of at risk participants who have chronic diseases that impact their mobility.

**Therapeutic Recreation Program:**
- Provides daily group fitness activities.

**Nutritional Services:**
- As extra weight compromises mobility, our dietitian is available to help participants adopt a safe and healthy weight loss program under the direction of their physician.

**Case Management:**
- A Daybreak social worker can assist with coordinating home modifications to address concerns and promote safe mobility.

**Transportation:**
- To and from our program is coordinated by Daybreak staff.
- Escort service as well as wheelchair accessible vans are available to accommodate individual mobility limitations. Both Daybreak locations are wheelchair accessible.

---

For more information, please contact:

**Syracuse Daybreak**
700 East Brighton Avenue
Syracuse, NY 13205
315.498.4405

**Auburn Daybreak**
3 Saint Anthony Street
Auburn, NY 13021
315.282.6815

Open 8 am – 4 pm, six days a week
lorettocny.org

© 2018 Loretto  08/18 Rev. A